

Fresh Spinach & Cilantro Salad

Submitted by
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The onions and citrus juices add a burst of flavor to this dish!



Time Saver

Use a bag of prewashed spinach to save time.



Health Tip

This salad can be eaten as a vegetarian meal.

Nutrients per serving for 8:

Calories: 123
Protein: 7 g
Fat: 3 g
Saturated fat: 1 g
Carbohydrates: 18 g
Sodium: 43 mg
Fiber: 6.5 g

Nutrients per serving for 4:

Calories: 246
Protein: 14 g
Fat: 7 g
Saturated fat: 3 g
Carbohydrates: 37 g
Sodium: 85 mg
Fiber: 13 g



Fresh Spinach and Cilantro Salad

Preparation time: 15 minutes

- 1 – 16 oz. prewashed, bagged spinach or 1 bunch spinach, washed
- 1 – 15 oz. can black beans, rinsed
- 4 medium tomatoes, chopped
- 1 medium onion, thinly sliced and quartered
- 2 cups cilantro, chopped
- 1 Tablespoon olive or vegetable oil
- 1 fresh lemon
- 1 fresh lime
- 2 cups cotija cheese, crumbled or low fat jack cheese, grated
- 1 cup baked tortilla chips, lightly crushed

Place all vegetables in a large salad bowl. Squeeze the juice of the lemon and lime into the bowl and drizzle with oil. Toss salad until all vegetables are well coated. Sprinkle cheese and tortilla chips on top and serve.

Serves: 8 as a side dish or 4 as an entrée

Estimated cost per serving: \$0.75

